

CAN BOREDOM BE

Yes, you heard it right. A 2019 study states that

boredom as an experience can fuel productivity

**HOW TO DEAL WITH BOREDOM** 

■Bill Gates and Warren Buffet, two of the most success-

ful people in the modern age, often make time to just sit

and let their minds wander. Rather than finding endless

lean in to the boredom, and turn those feelings of frus-

tration into something much calmer and more accepting.

This is especially relevant in lockdown time, when most

■"Boredom is an important state of mind. The ability to

cope with it is important, so that we can deal with the

real feelings that are emerging from within us," states

Dalai Lama teaches ways to tackle

negative emotions amid pandemic

the Dalai Lama, began a

ibetan spiritual leader, CELEB LESSONS

ative emotions of fear and anxiety, precipitated by the global

health crisis. Drawing from the teachings of Buddhist scholar, Nagarjuna's, 'Precious Garland', he said the analytical and

scientific approach of the Nalanda tradition, forming the base

for Tibetan Buddhism, is precise in the study of the workings

of human mind. He compared human mind to quantum physics

that makes a distinction between appearance and reality.

"Appearance can be misleading, an

object can be dissected into the tini-

est molecule. While inherently the

object holds no fixed meaning,

we as observers ascribe mean-

ing to the object.

tive reality"

named Twitter

cientists have discovered

fungus on the micro-blog-

a new species of parasitic

Therefore, we should

instead seek an objec-

two-day virtual teaching on Saturday, on tackling neg-

people are dealing with loneliness and boredom.

ways to distract yourself, it is better to learn how to

and creativity among people, from all walks of

life...

## **CLICK HERE: WWW.TOISTUDENT.COM**

■ Born in Kasauli (Himachal Pradesh) in 1934, Ruskin Bond grew up in Jamnagar (Gujarat), Dehradun, New Delhi and Shimla

■ His first novel, 'The Room on the Roof', which was written when he was 17, received the John Llewellyn Rhys Memorial Prize in 1957

■ Since then, he has written over 500 short stories, essays and novellas (including 'Vagrants in the Valley' and 'A Flight of Pigeons') and more than 40 books for children ■ He received the Sahitya Akademi Award for English writing in India in 1993 and the Padma Shri in 1999

## **CBSE RELEASES DATESHEET FOR PENDING CLASS X AND XII EXAMS**

The Central Board of Secondary Education (CBSE) on Monday released the datesheet for class X and class XII examinations. The exams will be held from July 1 to July 15. According to the datesheet, physics paper of class XII will be held on July 4 and the paper of chemistry on July 6. These exams

are only for the students of north east Delhi. The exams were postponed due to communal violence in north east Delhi. Similarly, exam for home science will be held on July 1 on all India basis and of geography on July 11. Exams will be held from 10.30 am and 1.30 pm. IANS

## STUDENT EDITION

TUESDAY, MAY 19, 2020



## **WEB EDITION**

A GAME THAT CAN RELIEVE **YOUR BUILT-UP STRESS!** 



eeling stressed? They say that smashing things up relieves built-up stress. But hang on, not the stuff around you. There could be a 'breakroom' in your city designed for just this, where you pay to smash things up. But if not, you could always play a game like Hit The Light. You'll be presented with neon lights in different designs. Your job is to smash them to bits by flinging something from your arsenal. It's pretty satisfying! There are some really convincing sound effects, so be sure to use headphones for the full effect. As for your tools, you have metal balls, guns, ninja shrikes and bombs. There are some elements of brick breaker style games, where careful aim can return big rewards. You can play for free but the game is ad supported. This means, you'll see full screen video ads after each level. You can remove ads with a one-time purchase of ₹

## eVidya Programme

In order to digital education in the country and make e-learning feasible for students and teachers, Union finance minister Nirmala Sitharaman on Sunday. launched the PM eVidya programme

With this scheme, I students and teachers will get multimode access to digital education. Over 100 universities will be permitted to start courses by May 30

DIKSHA that will give 'one nation, one digital platform', for school education in states and union territories, will provide e-content and QR-coded energised textbooks for all grades. This will benefit nearly 25 crore school kids across the country.



DIKSHA has content in 14 languages - Assamese, Bengali, English, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Sindhi, Tamil, Telugu, Urdu, Chhattisgarhi. Over the next three months, a large number of high-quality e-resources for learning and teaching will be made available on DIKSHA through the recently-launched VidyaDaan programme

# he suggests.





Dr Shyam Bhat, mental health expert. It also gives us

the opportunity to have creative thought. This pandemic

is, therefore, a good time for us to cultivate the ability

to be with ourselves a bit more, to learn how to enjoy

our solitude, and use strategies to stay connected with

the many interesting aspects of the present moment,"

## **SALAD GROWING ON MARS MAY SOON BE A REALITY**

alad could be grown on Mars say scientists, after successfully sending seeds to space. Researchers sent a million seeds to the International Space Station(ISS) in 2015, in a mission supported by British astronaut Tim Peake. When it came back to Earth after half a year, six lakh children across the UK took part in an experiment to grow the seeds. Scientists believe the findings take them a step closer to understand-

## **MAJOR REQUIREMENTS**

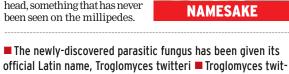
■ Transporting high-quality seeds to space will be crucial for growing plants to support human exploration of Mars and space ■The seeds need to be protected from harmful effects of cosmic radiation and mechanical vibrations to maintain their quality Factors that could potentially affect seeds in space also include microgravity, a lack of oxygen, low humidity and extreme temperature fluctuations

ing whether edible crops can be grown during space missions.

## ICC Board members may discuss shifting

ging platform Twitter. The researchers spotted an image of a millipede (a group of arthropods characterised by two pairs of jointed legs ) while scrolling through the site and noticed a few tiny dots near the creature's head, something that has never been seen on the millipedes.

A new species of fungus discovered,



teri belongs to an order called Laboulbeniales — tiny fungal

parasites that attack insects and millipedes

# T20 World Cup to 2022

he option of shifting the upcoming T20 World Cup to 2022 is expected to be put on the table when the ICC Board meets on May 28, a member of the world governing body, said. A cloud of uncertainty hangs over the T20 World Cup in the wake of coronavirus pandemic, and shifting it may find favours with Cricket Australia, feels the Board member. The ICC



flagship event is scheduled in Australia from October 18 to November 15. The ICC Board meeting will be preceded by the cricket committee meeting to discuss playing conditions, including applying sweat and saliva on the ball.

## Talking can generate Covid-19 droplets that linger up to 14 minutes

oughs or sneezes may not be the only way people transmit infectious pathogens, like the novel coron avirus to one another. Talking can also launch thousands of droplets so small that they can remain suspended in the air for eight to 14 minutes, according to a new study published in the 'Proceedings of the National Academy of Sciences

This research could help explain how people with mild or no symptoms may infect others in close quarters, such as offices, nursing homes, cruise ships and other confined spaces.

## WHAT THE STUDY FOUND

Elaborate experiments have revealed how coughing or sneezing can produce a crackling burst of air mixed with saliva or mucus that can force hundreds of millions of influenza and other virus particles into the air, if a person



is sick. > A single cough can propel about 3,000 respiratory droplets; sneezing can generate as many as 40,000 The scientists also found that while droplets start shrinking from dehydration as soon as they leave a person's mouth, they can still float in the air for eight to 14 minutes.

## Shah Rukh Khan pens down lockdown

## lessons **CELEB TALK**

s the world continues to battle the coronavirus pandemic, actor Shah Rukh Khan penned down the life lessons learnt from this period. In a post on his Twitter handle, the 'Fan' star wrote about how we "have been living far beyond our exigencies, most of which don't really matter as much as we thought they did." In the heartwarming post, the 54-year-old said, "That we really don't need (emotionally) more people around us than the ones we feel like talking to while we are locked up."

"That we can stop the clock for a bit and reimagine our lives, when the rush to acquire false securities is peeled away from us. That we can laugh with those we fought so hard... and know that our ideas weren't actually any bigger than theirs. And above all, love is still worth it, no matter what anyone else tells you," he concluded

## Four go-to finance apps for kids

249. Available on iOS, Android

Flocabulary is a tech company that creates educational videos, based on rap lyrics on all kinds of academic topics, for grades K-12. They recently added 12 personal finance animated rap videos, including Kanye-esque beats and lyrics on topics ranging from choosing a career, investing, banking and credit

Kids Money is a nuts-andbolts budgeting app, but for kids. A few screens with interactive sliders allow the user to set savings goals (for example, "Bike," "Computer, "Trip to water park", etc), timeframe and regular contributions. A solid tool to help you learn about budgets and savings

Savings Spree app promotes healthy financial habits. For example, players are rewarded for choosing to walk the dog, opposed to paying a dog walker, or drink tap water over buying soda.

Visa's Practical Money Skills is sort of a one-stop shop I for fin lit education. There are tools for parents and educators to help kids of all ages (as well as material for adults).



Don't know where to look for fitness inspiration in lockdown life? Check Instagram that is awash with #HomeWorkouts - everyone from sportstars to personal trainers, share tips and workout videos on their handle. The videos are short and sharp. From workout beginners to intense cardio workouts, you have it all

OUR ELDERS IN

Grocery storage tills and other household items. It is an exercise too!

# Video game addiction is REAL

ideo game addiction is real away from a screen, drop out of gamers and can result in from their families. mental, social and behavioural issues, claims a new study. According to experts, people who are addicted to video games, fall into a **ADDICTION** 'pathological' gamer category that is characterised by excessive time spent on playing video games. They find it difficult to disengage from per day. video games, which

leads to a 'disruption to healthy functioning'. In extreme cases, gamers

who are un-

able to pry

themselves

in one out of every 10 school, lose jobs, and remain cut off

## **HOW TO OVERCOME GAME**

Play in moderation: Set a specific number of hours (or minutes) to play

Take a break every hour: For each hour of play, stand up, walk around, etc, for a

few minutes.

Include your family: They are your best guides.

## gaming industry ■ The games industry raked

The size of

in \$108 billion worldwide in 2017, according to Superdata, which tracks the games and interactive media sector.

■ Nearly 40 per cent of them

are in east Asia, especially China and South Korea. Other important markets include the US, Britain, France, Germany and Brazil

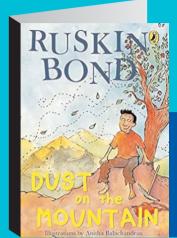
## **BOND WITH THE BEST**

# 5 Lesser-known books by Ruskin Bond that you must read

**Ruskin Bond has** written a string of unforgettable tales stories about nature and animals, and the bond formed between humans and the wild. As we celebrate Ruskin Bond's 86th birthday, here are some of his lesserknown great writings

## Vagrants in the Valley

This book catches up with our favourite Rusty as he plunges not just into the cold pools of Dehra but into an exciting new life, dipping his toes into adulthood. At once, thrilling and nostalgic, this heart-warming sequel is Rusty at his best as he navigates the tightrope between dreams and reality, all the time maintaining a glorious sense of hope.



## THE TREE LOVER

His mesmerizing descriptions of nature and his wonderful way with words—this is Ruskin Bond at his finest. Read on as Rusty tells the story of his grandfather's relationship with the trees around him, who's convinced that they love him back with as much tenderness as he loves them.

## **Dust on the Mountain**

When twelve-year-old Bisnu decides to go to Mussoorie to earn for his family, he has no idea how dangerous and lonely life in a town can be for a boy on his own. As he sets out to work on the limestone quarries, with the choking dust enveloping the beautiful mountain air, he finds that he longs for his little village in the Himalayas.

## **Rusty Runs Away**

Rusty's world is turned topsy-turvy when his father and grandmother pass away in quick succession. The twelve-year-old is sent away to boarding school by his guardian, Mr Harrison. Restlessness, coupled with an ambition to travel the world, compels him to run away from his rather humdrum life at school. But the plan fails, and he is soon back in Dehra, with his strict guardian.

## **Book Bond**

It is Ruskin Bond's birthday! Answer these questions on the works of this popular author by choosing correctly

What was Ruskin Bond awarded for his novel, 'The Room on the Roof'?

from the options.

A. Booker Prize B. DSC Prize

C. JCB Prize D. John Llewellyn Rhys Prize

n 'The Cherry Tree', which of Rakesh's

relatives is his mentor?

Bond not write? A. 'Tiger in the Tunnel' B. 'Tiger! Tiger!'

Which did Ruskin

A. father B. mother

A. Rajaram B. Rusty

C. Ranbir D. Ruth

Pigeons' occur?

A. 1657 B. 1757

C. 1857 D. 1957

Whom do we meet in

The Blue Umbrella'?

In which year do the

events of 'A Flight of

C. grandfather

D. grandmother

C. 'A Tiger in the House' D. 'Tigers Forever'

4) C. 1857 5) B. 'Tiger! Tiger!' 2) C. grandfather 3) A. Rajaram ANSWERS: 1) D. John Llewellyn Rhys Prize



## KNOWLEDGE BANK

## **Binturong**

Native to South and South East Asia, Binturong has a cat-like face and a body like a bear, giving them the name bearcats.

However, they are neither bears nor cats; they are related to civets and fossae. They have shaggy black hair, and a prehensile tail that is as long as their body. Binturongs are carnivores but they eat

fruits too. They have a

distinctive smell of buttered popcorn; it keeps preda-Mahika Manoj, class X, RCIS, Kalyan Nagar, Bengaluru



BOND

The Day

Pratibha Srivatsan, class IX, Royale Concorde Intl School, Bengaluru

The Day Grandfather

Grandfather had brought home Timothy, the little

tiger cub, from the forests of the Shivaliks.

Timothy grew up to be a friendly tiger, with a

monkey and a mongrel for company. But some

strange circumstances lead grandfather to take

Timothy away to a zoo. Will they meet again? This

is a heart-warming story of love and friendship!

Tickled a Tiger

Q.1) Which UNESCO World Heritage Site was built on the land of **Kachhwahas of Ajmer?** 

A. Sun temple, Konark B. Jantar Mantar C. Tai Mahal D. Elephanta Caves

Q.2) Who was the first Indian bowler to score a hat trick in test cricket?

A. Kapil Dev B. Harbhajan Singh C. Anil Kumble D. Zaheer Khan

Q.3) Who directed the



A. INS Viraat B. INS Arihant C. INS

C. Ram Gopal Varma

D. Nitesh Tiwari

first Indian-made nuclear

submarine?



movie 'Raazi'?

A. Meghna Gulzar

B. Karan Johan

Q.4) What is the name of the

1. B) Jantar Mantar 2. B) Harbhajan Singh 3. A) Meghna Gulzar 4. B) INS Arihant

## Word Wise

**Aggrandize:** Increase

the scope, power or importance of

Synonyms - Canonize, dignify, elevate, ennoble, enshrine, exalt, enthrone, glorify,

**Examples** 

■ Alexander is a philanthropist who only

## supports causes that aggrandize him in the

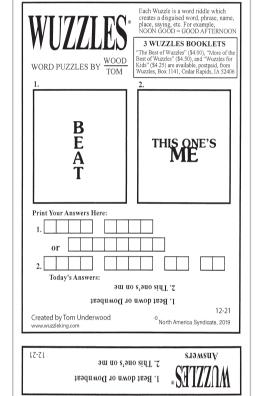
eyes of the world. ■ A Teacher should

elevate her students to do their best.

■ It is terrifying to see how modern public

glorifies anxiety. Bhargav Podapati, class VII, RCIS, Kalyan Nagar, Bengaluru

## WUZZLES

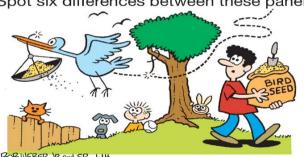


## **IDIOM OF THE DAY**

'The crux of the matter' Meaning: The central or critical point of

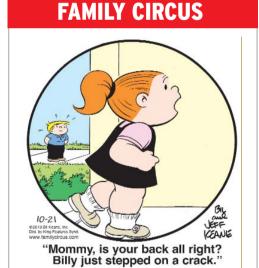
## S.F. AND COMIC KIDS

Spot six differences between these panels.









Abhiram Vijayaraj, class IX, RCIS, Bengaluru

# SCHOOL IS COOL

# Sharing and Caring-Heal the World

opened another side of human emotions. It has brought families, society and world together, it has ensured that we keep connected and help each other during these testing times. Till now we were engrossed in fulfilling our needs only where as now person is trying to help others. My appeal through this message is to donate clothes to the needy people so that they are able to cover up themselves and bring smile to their faces. Many individuals, NGO, organisations, celebrities, sportsperson, and heads of institutions are trying to reach out to the maximum at this hour of need. The front line workers like doctors,

police etc are working for the safety of others without thinking about their own safety - caring and sharing. We polluted planet earth and brought destruction to ourselves and habitants of many species of animals



Founder Principal, ManavSthali School, Rajinder Nagar and birds to vanish because of our ac-

tions. Time has taught us that we should be caring for nature then only we can survive.

# Little fun; little achievements

- 1. Explore various traditional and local art forms of your state
- 2. Design and go to the indoor treasure hunt 3. Go camping in a living room and décor it in the same way
- 4. Click pictures of nature around you and give them a tagline
- 5. Learn quilling and make different jewellery 6. Cursive writing practice
- 7. Vocabulary enhancement by learning 5 new words daily
- 8. Utilize their time in making their multiplication and time tables strong
- 9. Learn different different types of hair braiding
- 10. Create something out of waste material 11. Attend story telling sessions online
- 12. Learn braille graffiti 13. Learn any toy making art form of state
- Jyoti Bhalla, Principal, Manaskriti School, Sec 82, **Greater Faridabad**

# **Celebrations** within virtual peripheries

and comes closer than 1.5 m.

he Earth Day at Parevartan School, Ghaziabad was celebrated digitally. School chairperson Vinu Chaudhri and principal Sangeeta Sharma were overwhelmed with the Paintings, Posters, video and audio messages from all the stakeholders of school

Students learnt how to re-use recyclable material instead of disposing them like how a shoe box could be recycled into a useful magazine holder, and a milk tetra pack could be used as a wallet and many more. The aim of this activity was to motivate and spread awareness among the students on some of the ways to save the

The day culminated with school principal Sangeeta Sharma joining the clan with the thought that 'The Earth does not belong to us, we belong to the earth.'

# Always be work in progress

arth Bansal, of Apeejay School, Noida received Pradhanmantri Rashtriya Baal Puruskaar 2020. This laurel was awarded to Parth for his invention, a laser stick designed especially for patients suffering from Parkinson disease.

The stick will assist such patients in controlling their unstable gait. The inspiration for this unique and innovative device came from constantly observing his grandmother's difficulty in walking.

Parth once again reflected his creative insight when he utilized the lockdown period and designed a wrist watch that sounds an alert in case someone doesn't not follow social distancing



## **STUDENT CORNER**

## I Never Thought I never thought

Like this, due to covid Things will become catastrophic And nations will be shocked

Our world will stop

I never thought

I never thought I will be locked In my own house Or asked to keep dis-From my own people

I never thought

I never thought

Our eyes would be filled with fear and grief Roads would be devoid And hospitals brimming I never thought

But let us all hail to our Police forces, doctors and sanitation workers For all their efforts and let us all come together Let us all pledge We will fight together

But isolated Stay home , Stay safe

Anubhuti Srivastava, XII, KV Sector 8, RK Puram

## Mental Calisthenics During Lockdown nline classes, being locked up at stage set a more difficult target for yourself. ilarly quizzes, webinars, surveys, book discus-

home, social distancing would take a toll on you. Together we have to fight the virus and at the moment staying home safely and avoiding group activities seems to be the only solution. Let's use time judiciously and give ourselves a mental work-out-let's condition our mind to

behave, respond and think ingeniously. Here's a mental calisthenics plan, try it and experience the uplifting results. Set tasks that challenge you and make

self that you can do it. Once you complete one

Give up procrastination. Strengthen your sions will also tickle your mental faculties resolve to complete a particular task for the

Experiment- do new things, keep your- are excellent cognitive activities self busy and create.

cook, write, read -through your creativity spread the message of love and gratitude. The more the merrier-connect and bond an online course for learning the basics of

through social platforms and technology. Think about people you respect and admire you go the extra mile-keep on saying to your- interview them, share the interview, create publicity-think of ways to up the publicity. Sim-

Jigsaw your way to mental clarity-riddles, brain teasers, anagrams, tangrams-they

Learn a new skill, once you get the hang Sing ,dance, act, draw, doodle, embroider, of it share your learning with your family Interested in Foreign languages, take up

> a new language to boost mental prowess Alka Mahajan, Academic Supervisor, Psychotherapist, Bluebells School International, Kailash